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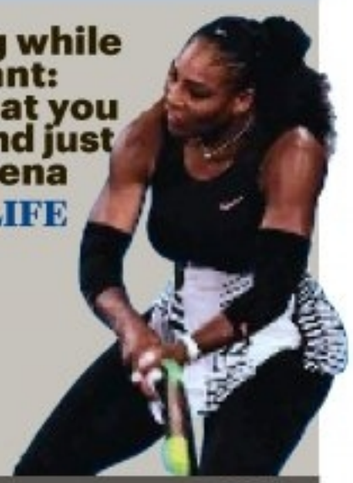

The Senators celebrate after defeating the Bruins 3-2 in Game 6 at TD Garden in Boston.
GETTY IMAGES

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FORT MCMURRAY: ONE YEAR LATER

FORT MAC STRONG

This week, Metro looks back at Canada's costliest disaster — and the people who are rebuilding
metroNEWS

THE NO. 2 IS NO. 1 IN OUR HEARTS

Retired OC Transpo bus routes will live on, thanks to this Ottawa artist metroNEWS

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Your essential daily news

French voters faced with stark choice between Macron, Le Pen. **World**

TRAGEDY

Teen girl dies in house fire

A teenage girl was killed in a fire on Old Montreal Road Friday afternoon, according to published reports.

The fire happened around 2:30 p.m. in a house at 1105 Old Montreal Rd., near Trim Road in Orleans.

Ottawa Fire reported that several residents were able to escape the home safely, but one person perished in the fire.

The Office of the Fire Marshal took over the investigation Friday, as is the case whenever there is a deadly fire.

On Saturday, the Office of the Fire Marshall confirmed that the victim was a teenage girl, according to published reports.

The house is owned by Stepping Stones Foster Care, a non-profit organization licenced by Ontario's Ministry of Children and Youth Services to provide residential care for children and youth, according to several online listings.

According to the organization's website, Stepping Stones supports 34 foster homes and provides care for 60 children in the National Capital Region, which accounts for about a third of the foster care in the region.

Nobody from the organization responded to requests for comment on Sunday.

Yellow caution tape remained around the exterior of the house Sunday afternoon, a large portion of the front of the house had visible damage.

On the front lawn, lay three bouquets of flowers.

ALEX ABDELWAHAB/METRO

Hope overwhelms fear on renewed Jasmine Crescent

GLOUCESTER

Community in east end works to overcome recent violence

Alex Abdelwahab
Metro | Ottawa

A lot has changed on Jasmine Crescent in the last year.

The Gloucester neighbourhood has added outdoor art and basketball hoops, boosted community programming, and held events to encourage residents to get out of their homes and interact with each other, including the Vision Jasmine walk earlier this month.

The goal is to make the area feel safer after three young men were murdered on the street in an 11-month period between April 2015 and March 2016.

It appears to be working.

Last Wednesday, more than 25 residents attended the latest initiative, a workshop that asked them to reflect on a number of aspects of the neighbourhood and to talk to each other about them in roundtable discussions.

> One of our rules is to make sure everybody speaks to each other.
> Laine Johnson

"Right out of the gate it was OK, everybody stand up and we're going to mix you up. That created conversations," Tim Tierney, city councillor for the area, said.

He organized the workshop through his constituency service budget, together with Synapcity, a non-profit aimed at civil engagement, and the Eastern Ottawa Resource centre.

"One of our rules is to make sure everybody speaks to each other, before someone even goes to the front of the room, because all of our lived experience is expertise," said Laine Johnson, program director with Synapcity.

The discussions produced a number of new ideas: some that require city funding, like adding benches to the local park or building a community centre, and some that require only community initiative, like establishing a "welcome wagon" for new residents.

All the responses will be compiled into a report in the next few weeks, which Coun. Tierney will present to city hall.

EXTREME SPORTS SURF'S UP Local surfers wait to enter the wave on Bate Island at the second annual Ottawa River Surf Jam. The event, organized by Surf Side, brought together members of Ottawa's surf community for a friendly competition on the fast spring waves. HALEY RITCHIE/METRO

GOVERNMENT

Terrorism concerns spur security upgrades at passport offices

The federal government has been quietly making changes to passport offices in a bid to improve security and address concerns that the facilities could be targets for a terrorist attack.

Civil servants in passport and other government offices have for years faced bomb threats, and hostility from individuals who are disgruntled, drunk or suffering mental illnesses.

Internal government documents show that senior officials have more recently worried that someone with extremist views might see a passport office as prime target for an attack, particularly if the federal government revoked their passport privileges because they wanted to go abroad to join a terrorist group.

The briefing note to senior officials at Employment and Social Development Canada says the offices could now more easily become targets, or be collateral damage.

"ESDC Passport offices may be considered targets of symbolic value in future attacks," reads part of the 2015 briefing note marked, "Canadian Eyes Only."

Those concerns were stoked after two separate domestic terrorist attacks in October 2014.

In the first case, Martin Couture-Rouleau hit two soldiers with his car at a strip mall just outside St-Jean-sur-Richelieu, Que., killing Warrant Officer Patrice Vincent, 53. Officials seized his passport that July after police prevented him from flying to Turkey.

Michael Zehaf-Bibeau killed Cpl. Nathan Cirillo at the National War Memorial in Ottawa before storming Parliament Hill. He had come to Ottawa from Vancouver after he ran into problems getting a Canadian passport so he could travel to Libya.

The second incident prompted ESDC officials to call in the Mounties to review threats for every passport office in the country. Assessments were also carried out to see what could be done to the physical configuration of spaces to better protect the workers inside the office.

A spokesman for ESDC, which oversees the 151 Service Canada offices that issue passports, said the department has and continues to make changes at existing and soon-to-be-opened facilities.

Along with physical changes to the offices to increase security there have been operational changes that federal officials hope will lower the risk of an attack. Among the measures was extending the passport renewal period to 10 years from five years and letting Canadians renew their passports online to reduce the traffic at government offices. THE CANADIAN PRESS

Rode the 2, bought the tee

TRANSPORTATION

Artist tapped into transit nostalgia with T-shirts

Haley Ritchie
Metro | Ottawa

Several OC Transpo route numbers were retired Sunday, but the No. 2 will live on after being immortalized on T-shirts by local artist Andrew King.

King's grey T-shirts depict a an old-style red-and-white bus with the words "I lived through the number 2."

On Saturday, King — with of OC Transpo's approval — boarded a 2 bus with 70 shirts to give away to loyal riders of "The Deuce," which is now the 11.

"Word got out and people were chasing that bus, it was like an Amazing Race kind of thing," King said. "It was really fun."

"Ottawa has a nostalgic nerve to it. It's these little things that people love. They latch onto it, and they love the No. 2. They came out to get the shirt because they wanted a piece of that nostalgia."

Artist Andrew King created a limited edition run of T-shirts with his original art depicting the Route 2 OC Transpo bus. ANDREW KING

Bus chasers including a woman who no longer rides the 2 but had strong memories. King also met up with a teenage bus enthusiast with autism who shared an encyclopedic knowledge of OC Transpo vehicle models and engines.

King said many people who were following along on social media would hop on, pick up a shirt and hop off. Others were unaware of what was going on but were quick to share their stories of the long-running east-west route.

"Lots of cool stories, lots of neat people. The very diehard No. 2 bus riders came out in full force," he said.

Despite its new number, the route, which runs from the Rideau Centre to Bayshore, will remain the same. But larger buses will run on some weekend trips.

King said that he draws a lot of inspiration in Ottawa nostalgia and quirks.

Last year he attempted a similar giveaway on Sparks Street, with a limited edition Ottawa 2017 shirt, but was thwarted by the bureaucracy of the local BIA, which kicked him out of the area.

"As you know, Ottawa is wrapped in red tape," he said. "This year I wanted to do something like that again, but I decided I'll go through the proper channels. OC Transpo were supportive from the start, so that was great, it all worked out."

"It was just a silly thing, that was fun, it brought smiles to people's faces and it was like two hours out of my life and $200 and it made a lot of people happy," he said.

COMMUTE

Google will have route changes

When you're trying to get from the Rideau Centre to Bayshore Mall, you may know that starting on Sunday you'll have to take bus route No. 11 instead of the traditional No. 2. But how will Google Map's transit function know that?

It turns out, OC Transpo is tasked with keeping the popular transit system up to date on any changes to stop locations, schedules and alterations, including the 14 new route numbers coming into effect on April 23.

Transit agencies such as OC Transpo submit relevant information to Google in the form of the General Transit Feed Specification, GTFS for short.

Google Transit has established the GTFS as the standard format for transit agencies providing open data.

The universal format has also given rise to a plethora of public transit apps.

So, it turns out, OC Transpo provides this data to Google well in advance, avoiding any awkward hiccups on your daily commute. CRAIG LORD/OTTAWA BUSINESS JOURNAL

HERITAGE

Tartan Day draws crowd to Parliament Hill

Tamar Harris
For Metro | Ottawa

Piping, drumming and dancing on Sunday marked the annual Tartan Day celebrations on Parliament Hill.

The MacCulloch Dancers and the Ottawa Area Highland Dancers performed, and the Sons of Scotland Pipe Band played in a celebration of Scottish heritage.

"Tartan Day is a day celebrated all over the world," said Bethany Bisaillion, the event organizer and pipe major of the Sons of Scotland pipe band. "Usually it's on April the 6, and it celebrates the Declaration of Arbroath, which is a treaty signed by the Scots and the Pope back in 1320."

The Declaration of Arbroath was a declaration of Scottish independence. Since 2006, Tartan Day celebrations have been held on Parliament Hill, according to Bisaillion.

> **I'm really overjoyed to see so many people come out in their tartans.**
> Bethany Bisaillion

Bisaillion said Sunday's sunny and warm weather contributed to a better-than-average audience turnout, many of whom wore tartan.

"I'm really overjoyed to see so many people come out in their tartans … and celebrate our heritage," Bisaillion said. "Because Canada was built on the Scottish and the Irish a long time ago, 15 per cent of people that live in Canada claim Irish and Scottish descent. So this is really representative of not just them, but anyone who enjoys the pipes and drums and dancing."

Dancers perform on Parliament Hill for Tartan Day celebrations. TAMAR HARRIS/FOR METRO

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Get inspired on York Street this summer

BYWARD MARKET

One-block 'village' to hold free events for Ottawa 2017

Alex Abdelwahab
Metro | Ottawa

Street parking on York Street in the ByWard Market has been removed until after Labour Day, as Ottawa installs a pop-up event centre for the summer. TAMAR HARRIS/FOR METRO

The city is installing 40 shipping containers on York Street in the ByWard Market this week, as it sets up an event space that will have free programming all summer.

As part of Ottawa 2017, the city is creating a one-block "Inspiration Village," with free exhibits and performances happening every day from Victoria Day weekend through Labour Day.

"That's where we will pay tribute to provinces and territories, showing all regions of Canada," Guy Laflamme, executive director of Ottawa 2017, said, describing it as the base camp for activities.

Laflamme said the area will also have a stage, where some of the city's summer festivals, including Canada Scene at the National Arts Centre, will provide free teaser performances to coincide with performances at their official sites.

To install Inspiration Village, the city has removed on-street parking on York Street between Sussex Drive and ByWard Market Square until after Labour Day.

Laflamme called the area "one of the most beautiful, prime spots in the downtown core."

"We're going from using it as parking to transforming it into a public gathering space," he said.

All entry-points to the market will be open this week and throughout the summer. There will be temporary lane closures until Sunday.

According to Laflamme, the idea for the Inspiration Village originates in South Africa, where a similar structure was built. The city will officially launch the initiative on April 27.

In the meantime, Ottawa has launched a call for performers on its website. The city is looking for emerging artists and established performers, aboriginal and cultural artists, and sporting and educational organizations.

MAIN STREET

Farmers' market gets back to its roots

Drew May
For Metro | Ottawa

The Main Farmers' Market will be moving back to its Main Street home after a two-year stint at the Museum of Nature.

The market moved because of ongoing construction but will be setting up in the parking lot next to the Green Door Restaurant starting May 6, according to Christine MacIntyre, vice-president of the market's board of directors.

She said the move let the market's vendors sell to a new group of people in Centretown.

"There were all these new condo developments.... It turned into a great opportunity for these folks to have some regional, local, fresh produce come right to their doorsteps," she said.

MacIntyre said the market is in transition because of the move back, but also because of the construction around its location.

Since spring 2015 the area around Main Street has been under construction as new condo buildings and housing developments are built. According to the city, construction on the street is scheduled to finish this summer.

"The next couple weeks will be really exciting for us as (the vendors) settle into the new location and people walk down the street and discover that their market is back," she said. "I think it will be quite a joyous time."

> "Our desire for the market is to be a place where the community can really come together.
> Christine MacIntyre

MacIntyre said she hopes the move will bring back the sense of community to the market.

"Our desire for the market is to be a place where the community can really come together and ... get to know each other and help each other. We hope that those community people will come back."

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Rodney and Gail Hanifan lost everything in the wildfires of Fort McMurray, Alta. But they count themselves among the lucky ones. ALEX BOYD/METRO

Rebuilding out of the ashes

WILDFIRE

For this family, not returning to Fort Mac was never an option

Alex Boyd
Metro | Edmonton

Sitting in the parking lot of an Edmonton Walmart, her family's home in flames 400 km away down a jammed highway, it all caught up with Gail Hanifan.

Her sister went in to grab supplies, but Gail was frozen.

"I just said, 'What am I going to get?'" she recalled, before pausing, her voice quiet.

"I knew in my heart that we had nothing."

So began the Hanifan's journey towards rebuilding their life in Fort McMurray.

It's been almost a year since a runaway wildfire changed course and smashed into the northern Alberta city, forcing the rushed evacuation of almost 90,000 people and causing more damage than any other disaster in Canadian history.

While stories abound of people choosing not to go back, the Hanifan family remains committed to the town they say is unlike anywhere else.

Originally from New Brunswick, Gail and her husband Rodney first moved west for the jobs almost twenty years ago. They went back east once, but returned for good because of what they say is an unusually hardworking, family-oriented community.

"I have so much love for this place, it changed my life like no other," Gail said, recounting the events of last May from their new rental home in the city they were once forced to flee.

Their two kids, aged 15 and 12, were born in Fort McMurray, and she credits the boomtown with making them a family.

Waiting out the evacuation first in an Edmonton hotel, then in a borrowed camper, Rodney says they never talked about whether or not they'd come back. It was just a fact. They say they are among the lucky ones. Their kids were safe, and they were able to grab their two small dogs before running out the door.

But they lost almost everything in their house.

Gail's hunch that it was all gone was confirmed when a pilot friend snapped pictures of where their house once stood in the Waterways neighbourhood. The only things visible were iron skeletons of their cars sticking out of a pile of ash.

After a month the family could head back north, but undamaged rental properties were few and far between.

Though they're now looking to buy a house, they found a rental in the meantime and got to work replacing what they could.

But the irreplaceable things — their wedding video, the letter Gail wrote for her daughter when she was a baby, or the video diary she made for her son — are gone.

"Those things I grieved the most for," she said.

Luck has given them a hand, though.

When they were first married Rodney bought a painting for Gail, of a view of the beach, looking out a window.

It was one of the lost things that made her sad, so one day she did a quick Kijiji search — and an identical print popped up. She tracked down the seller, and now it hangs in their kitchen.

"There's not many days that you don't think about what happened, but it doesn't rule your life, it doesn't shape who you are," Rodney said.

He tires of the negative stereotypes of Fort McMurray, that it's just a soulless industry town, and says they're dedicated to rebuilding the place they know, the one that made them a family. One of the first steps: marking almost one year since the fires broke out by hosting 20 friends for an Easter feast.

"We've had bigger events here than the fire."

Some who ‘won’t ever come back’

The day Gerald Wong came back to Fort McMurray, it was so quiet he could stand in the middle of the city's main drag, without so much as a truck passing by.

The owner of a downtown electronics store, he'd been allowed back before official re-entry in order to get his shop up and running. But since his hometown reopened its doors to all, it's still not the way it was before the fire.

"A lot of people haven't come back, and some people won't ever come back," he said.

A swatch of charred forest is visible from his store windows, showing just how close downtown came to destruction.

But as the central part of the city has begun returning to business as normal, the hardest hit areas are still struggling.

Rachel Ondang counts the city's recovery in wait times.

There's less traffic, errands take less time and you don't have to make reservations at restaurants.

"There aren't big line-ups. Even the carwash is slow," said Ondang. Part of the problem, she said, is the double hit of the economic downturn coming as rebuild costs mount.

According to a Conference Board of Canada report, the fire is expected to cost insurers and governments more than $5 billion. However, the rebuild could add as many 9,000 jobs next year.

ALEX BOYD/METRO

DETAILS

- **8 per cent** of private dwellings were destroyed in Fort McMurray.
- **The amount of land burned** by the fire was 5,890 square km, the size of P.E.I.
- **The amount of insured losses is $3.7 billion.** It's the most expensive disaster in Canadian history.

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Border towns help refugee claimants

IMMIGRATION

Americans and Canadians mobilize to aid asylum seekers

As the flow of asylum-seekers crossing into Canada continues, residents in towns along the Canada-U.S. border are quietly mobilizing to help the travellers who pass through in search of better lives.

Janet McFetridge, a resident of Champlain, N.Y., said she started seeing taxis passing by her house in November, around the time Donald Trump was elected president of the United States.

"It's just unusual because you don't usually see cabs out here, so it's very noticeable," she said.

Most of the taxis were heading to Roxham Road, a popular illegal crossing spot where people hop a small ditch into Canada in order to file asylum claims from within the country.

Janet McFetridge at an unmanned border between Plattsburgh, N.Y. and Canada. THE CANADIAN PRESS

McFetridge said she and others in the area wanted to know how they could help.

"At first we were concerned about (winter) clothes, but then we're also concerned now about the larger picture of if they're sent back from Canada, are they going to be able to go somewhere?" she said in an interview.

"The greater Plattsburgh area is looking for some system where people will be able to house them and get them on their way safely."

What has emerged, she says, is a coalition of churches, citizens and social organizations.

The group, Plattsburgh Cares, is considering ways to offer food, shelter, transportation or legal advice to people who are heading to Canada or who are turned back.

People who cross the border illegally and file their refugee claims in Canada are generally allowed to remain pending their hearing dates.

But McFetridge worries some could end up in the area while in transit, or if they're turned back at an official border checkpoint due to the Canada-U.S. Safe Third Country Agreement, which states refugees must file their claims in whichever of the two countries they reach first.

On the Canadian side of the border, a group of citizens in Hemmingford, Que., recently held an event to see how they could support border jumpers.

That event included writing letters to Canada's prime minister and immigration minister to ask them to suspend the Safe Third Country Agreement, so refugee claimants could present themselves at the border instead of crossing illegally, group members said. THE CANADIAN PRESS

BRITISH COLUMBIA

Malaria parasite could treat cancer

Wanyee Li
Metro | Vancouver

A malaria parasite may hold the key to treat bladder cancer in patients who only have a 50 per cent chance of responding positively to traditional chemotherapy treatments.

UBC researchers found the treatment, a combination of a malaria protein with a marine sponge toxin, was 80 per cent effective on mice — the other 20 per cent of mice died within 70 days from bladder cancer, a disease that kills more than 2,000 Canadians every year.

It's the latest development in the cancer research trend that has researchers looking outside of chemotherapy for innovative treatment options.

"We can take a protein from one devastating disease and repurpose it to treat another devastating disease," said Mads Daugaard, UBC professor of urologic science.

His team found that a specific protein in the malaria parasite, VAR2CSA, was especially good at binding to the host's placenta.

This results in 200,000 newborn deaths a year but Daugaard thought he could take advantage of this characteristic because that same protein attaches itself to bladder cancer cells too.

"We thought we might be able to take advantage of that protein from the malaria parasite and simply repurpose it to bind tumour cells instead," he said.

His team has turned the protein into a cancer-fighting weapon by combining it with hemiasterlin toxin, one of the most poisonous molecules in the world, found in sea sponges.

The idea is the protein will carry the toxin to the bladder and kill the cancer.

"You could say we combined something from a sponge and a malaria parasite to develop a weapon against (chemotherapy)-resistant bladder cancer."

The technique appears to have worked on mice and now the goal is to scale up drug production so the team can conduct clinical trials.

Daugaard says this malaria-inspired treatment could be available for bladder cancer patients in as early as 2020.

– ADVERTISING FEATURE –

CTC REMEMBERS ALL VICTIMS OF THE OTTOMAN-ARMENIAN CONFLICT

This year once again the Council of Turkish Canadians (CTC) remembers with sadness and respect the memory of the victims of the Ottoman-Armenian conflict during the First World War. As Canadians we stand for truth and reconciliation.

The conflict began when Armenian nationalist groups (Dashnaks and Hunchaks) revolted against the Ottoman Empire, while collaborating with and joining invading Russian armies in Eastern Anatolia. Committing this act of high treason resulted in the relocation of Armenians from the war zone. This relocation was a military measure in self-defense. Most of the deaths during the relocation resulted from famine, the spread of diseases, sporadic fighting, and a breakdown of authority in poor war conditions. In these terrible conditions, bandits and private groups committed massacres; both sides suffered tremendously, Armenians and non-Armenians alike. This tragedy cannot be characterized as genocide as if only one ethnic group suffered.

The genocide allegations contradict the definitional criteria outlined in the 1948 UN Genocide Convention.

Armenian allegations have been rejected by the European Court of Human Rights.

The French Constitutional Council on January 26, 2017 reaffirmed that Crimes Against Humanity or Genocide must be established by Competent Courts not Legislature

In recent years there have been political pressures on legislative bodies to distort history and accept the Armenian narrative. In democracies, parliaments cannot assume the functions of the judiciary. History cannot be rewritten in political arenas. Accusing a nation and a people unjustly and unfairly for the most serious crime of humanity without a legal verdict is against Canadian principles of fairness and justice.

The Council of Turkish Canadians stands for truth and reconciliation, joint healing and justice. We believe this is the best way to remember the victims of the Ottoman-Armenian conflict.

For more info please visit www.turkishcanadians.com

Council of Turkish Canadians

French centrist presidential candidate Emmanuel Macron addresses his supporters in Paris on Sunday. THE ASSOCIATED PRESS

TRUMP 100 DAYS

'Different kind of presidency'

For nearly 100 days, U.S. President Donald Trump has rattled Washington and been chastened by its institutions.

He's startled world leaders with his unpredictability and tough talk but won their praise for a surprise strike on Syria.

He's endured the steady drip of investigations and a seemingly endless churn of public personnel drama. "It's a different kind of a presidency," Trump said in an Oval Office interview as he approached Saturday's key presidential benchmark.

Trump, who campaigned on a promise of instant disruption, indirectly acknowledged that change doesn't come quickly to Washington.

Since taking office on Jan. 20, Trump's approval rating has hovered around 40 per cent.

His early presidency has been dogged by FBI and congressional investigations into whether his campaign co-ordinated with Russians to tilt the race in his favour.

His two disputed travel ban executive orders are languishing, blocked by federal judges.

On Capitol Hill, majority Republicans muscled through Trump's nominee for the Supreme Court, Judge Neil Gorsuch, but had to blow up long-standing Senate rules to do so.

Then there was the legislative debacle when Trump's own party couldn't come together to fulfil its long-sought promise of repealing Barack Obama's health-care law.

THE ASSOCIATED PRESS

DETAINED

N. Korea holds U.S. citizen

North Korea has detained a U.S. citizen, officials said Sunday, bringing to three the number of Americans now being held there. Tony Kim, 58, who also goes by his Korean name Kim Sang-duk, was detained on Saturday as he was trying to leave the country with his wife from Pyongyang's international airport on a flight to China. THE ASSOCIATED PRESS

French face stark choice

FRANCE

United Europe at stake in the runoff between Macron, Le Pen

Centrist Emmanuel Macron and far-right populist Marine Le Pen advanced Sunday to a runoff in France's presidential election, remaking the country's political landscape and setting up a showdown over its participation in the European Union.

French politicians on the left and right immediately urged voters to block Le Pen's path to power in the May 7 runoff, saying her virulently nationalist anti-EU and anti-immigration politics would spell disaster for France.

The selection of Le Pen and Macron presented voters with the starkest possible choice between two diametrically opposed visions of the EU's future and France's place in it. It set up a battle between Macron's optimistic vision of a tolerant France — and a united Europe with open borders — against Le Pen's darker, inward-looking platform that called for closed borders, tougher security, less immigration and dropping the shared euro currency to return to the French franc.

With Le Pen wanting France to leave the EU and Macron wanting even closer co-operation between the bloc's 28 nations, Sunday's outcome meant the May 7 runoff will have undertones of a referendum on France's EU membership.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 83

KEJIMKUJIK NATIONAL PARK, N.S.

THANKSGIVING IN KEJIMKUJIK HAS BEEN MY FAMILY'S TRADITION FOR MANY YEARS. THIS PHOTO WAS TAKEN OVER THE THANKSGIVING WEEKEND IN 2015 WHILE ENJOYING A SPECTACULAR DAY ON THE MERSEY RIVER. I HAVE SO MANY WONDERFUL MEMORIES OF THIS PARK AND CAN NEVER WAIT TO RETURN.

LACHLAN RIEHL

– ADVERTISING FEATURE –

Solidarity

JOINT DECLARATION

(24 April 2017, Ottawa)

We, as the **Turkish Canadians Peace and Solidarity Platform – TCPSP** on behalf of all responsible Canadian Turks, who are sincerely attached to both of their countries, would like to share with the public our stance vis-a-vis an important issue continuing to be a source of intercommunal disagreement and controversy.

The dismantling of the Ottoman Empire was not an option but the outcome of an Allied war strategy. During the Great War not only numerous non-Muslim, but even Muslim subjects of the Ottoman Empire were instrumentalized to such an extent that 600 years lasted mosaic of the Ottoman society were obliterated.

We, as Turkish Canadians, remember and honour the sufferings and pain of all subjects of the Ottoman Empire of different ethnic and religious backgrounds including some of the Ottoman Armenians during the Great War.

Singling out the sufferings of one group serve nothing, but the distortion of the history. It is disrespect to the memories of all those perished in the war. We want to remember all losses of the Great War in an embracing manner rather than in an exclusionary and divisive way. Millions of Muslim Turkish civilians also perished during the war.

We sadly observe that some communities in our peaceful country, Canada, are still continuing their defamatory activities in 2017 against our community here and abroad.

We still remember unfortunate consequences that occurred in our recent history as a result of defamatory activities due to hatred inferred from a biased reading of the history.

Thus, we did not and will not forget the attacks of Armenian terrorist organizations against Turks and Turkish officials in Canada including threats to bomb Toronto Metro. We also remember the organizations which tried to find excuses to such terror attacks. We wish that our fellow Canadians see the real intention and bitter consequences of this kind of propaganda and defamatory activities.

As we strive to strengthen the visibility of the Canadian Turkish community in Canada, we do not accept that another community blatantly announces its future defamatory activities against our homeland in this year of 2017.

No one in this country should play diaspora politics. It is the duty of every citizen of this country to defend peaceful co-existence of multicultural nature of Canada.

Every citizen of this country should defend peaceful co-existence of multicultural nature of Canada. We act in this way and expect the same from others. However, we regretfully see that some of the Canadian citizens are not ready for it and thus trying to prevent cultural activities of others.

We expect our Government and representatives in the Canadian Parliament to make possible reconciliation between communities and refrain from complicating historical discussion by further politicizing it.

For more information visit our Facebook page: @TCPSPlatform

metro VIEWS
Your essential daily news
Monday, April 24, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
Is it bad manners to turn down panhandlers?

Dear Ellen,

Every time I got to the liquor store, there is someone out front begging for money. If a have a loonie or toonie in my pocket, I might give it to them. But usually I'm in a hurry, or I don't have cash, or I resent the fact that one regular beggar is better dressed than me. Either way I feel irritated when I give and guilty if I don't. Is there a rule of etiquette I can follow, so I don't have to think about this every time?

T.K, Toronto

Dear T.K.,,

As with all proper etiquette, the rule is to treat fellow human beings with respect.

Though this particular topic may be more of an ethics question than an etiquette one, the two areas overlap, and I don't agree with most of the ethics "experts" pontificating online, so I'll weigh in.

It's not wrong, etiquette-wise, to refrain from giving money to beggars. It's your choice, you have your reasons, and it's no one else's business. I do think it's unethical to be a hypocrite about it.

I also wonder if we go to the same liquor store. Does your well-dressed guy wear newish-looking jeans and a leather jacket? I never give him money. There's also a guy who plays a little guitar and sings so badly, I'm tempted to pay him to be quiet. Then there's the older woman who's clearly down and out, and doesn't seem to be fully compos mentis. Her I give to, because she seems the neediest, and the least likely to know how to take advantage of government and charitable services — which "experts" say is where you should donate money. Their reasoning is that if you give money to beggars, they'll probably just spend it on drugs or booze instead of buying something sensible that will help them get a job and a home.

The rule is to treat these fellow human beings with respect either way.

That's pretty rich — coming out of the liquor store and denying an impoverished person the chance to also have a drink. It's also blatantly ridiculous — do these so-called experts really think the few bucks a panhandler might collect each day is going to pay for rent, or job training, or clothes and grooming for an interview, or a cellphone so they can Google-map the nearest psychiatric hospital?

I don't usually agree with the guy who runs a multibillion-dollar organization that openly discriminates against women and harbours known criminals. But I agreed with Pope Francis when, as recently reported in The New York Times, he was asked about giving money to people who might spend it on wine, and answered: If "a glass of wine is the only happiness he has in life, that's OK. Instead, ask yourself, what do you do on the sly? What 'happiness' do you seek in secret?"

So the next time you're stocking up and someone asks for spare change, look them in the eye with a friendly shake of the head if you choose not to give. And give them a smile and a greeting if you do. Sometimes that brief interaction can be as valuable to them as the cash.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

Dispelling the myth of the party girl

Party. Girl. Two excellent words signifying excellent things.

But together the words twist into a stereotype that has filtered into our culture in ways that endanger women.

You would think the standard definition is a young woman who enjoys parties. But the cultural definition that I am taking from our bastion of social enlightenment, Urban Dictionary, is a lot more telling.

A party girl, according to Internet wordsmiths, is: "A girl who will party hard anywhere, even if the party is s— she will get down and get naked."

That is the first definition offered; the second is even more derogatory.

(The Urban Dictionary may be crowd-sourced, but it is miles ahead of the Big Three — the OED, Merriam-Webster and dictionary.com — which do not have as exhaustive an entry for "lit" as they should.)

In that definition, a party girl isn't simply a woman who likes parties. She is a woman who likes having sex. Pass the smelling salts. Not only that, she's willing to have sex with anyone.

Women risk being labelled "whores" simply by appearing to having fun. For racialized women, our very bodies are hyper-sexualized; our hips apparently gave consent.

Decades of activism by feminists, as well as a body of jurisprudence, have championed the notion that compromised consent is, in fact, not consent at all. Yet in 2017, a judge bought into the cultural idea that a woman has, by having fun, consented to sex.

In the trial of the Halifax taxi driver who was found not guilty last month of sexually assaulting a passenger, defence lawyer Luke Craggs leaned on the stereotype, saying the complainant became a different "type of person" when drunk.

The theory found a welcoming home in the mind of the judge who delivered the verdict.

But in a draft paper for the Canadian Bar Review, Dalhousie law professor Elaine Craig calls bull.

"It is difficult not to question whether Judge Lenehan's speculation, implausible conclusions and legally incorrect reasoning were informed by the stereotype that unchaste women, or promiscuous party girls, will consent to sex with anyone," Craig writes, according to The Canadian Press.

If you saw me in Kingston, Ont., in October six years ago, I was probably several drinks in and having a great time in a truly tiny dress. Chances are you would have thought I was a party girl.

You might not have thought I was a student making friends and relaxing during a Model United Nations weekend.

All this to say: the party girl image has nothing to do with the woman. It validates those who do not respect consent. It is about limiting women's choices about their sexuality and then penalizing them for those choices.

It has everything to do with denying women their autonomy.

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Erin Moran, former child star on Happy Days, has died at age 56

JOHANNA SCHNELLER WHAT I'M WATCHING

She may be a brat, but she's also simply human

THE SHOW: Girlboss S1, E1 (Netflix)
THE MOMENT: The sandwich

Sophia (Britt Robertson) – based on the real-life clothing entrepreneur, Nasty Gal founder Sophia Amoruso – is working in a shoe store. Or rather, not working. "Was that a personal call?" her boss Carol asks. "Are you surfing the web?"

"It was. I am," Sophia says defiantly.

"I don't know where to begin," Carol says.

"If you need to some time to put your thoughts in order, we could put a pin in this," Sophia says. She plops into her chair and bites a sandwich.

"Is that my sandwich?" Carol asks.

Sophia pretends she didn't know, then admits she did. "Now isn't this the part where we move on?" she asks.

"This is the problem with you, you don't know your place," Carol sputters.

"I'm not about to die of malnutrition," Sophia snaps. "What do you care, you don't own the place. You're just middle management on some power trip."

Netflix's new comedy series, Girlboss, appears to be following a famiiar formula, centred on flawed main character Sophia (Britt Robertson). ISTOCK

> **This is The Scene. It comes at the midpoint of every first episode of every series about a flawed heroine.**

"You're fired," Carol says.

"What?" Sophia asks. "Why?"

This is The Scene. It comes at the midpoint of every first episode of every series about a flawed heroine. It's the moment where we see her at her brattiest. It's the scene you have to get past if you're going to stick with the show.

As surely as spring follows winter, it's followed by a scene that restores the heroine's humanity – in this case, Sophia calls her best friend, and we watch as she moves from self-righteous to self-aware. "Oh, Annie," she concludes, eyes filling with tears, "why am I such an a—hole?"

And bingo, you're either in or out.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TV CAREERS

Rhimes talks how to be a screenwriter

Shonda Rhimes, the TV mastermind whose hits include Grey's Anatomy and Scandal, keeps a lid on plot twists. But she's giving aspiring screenwriters a behind-the-scenes look at how to succeed in her craft.

In six hours of online classes, Rhimes offers lessons on writing scripts, pitching pilots, and how series' writers work together to create stories and screenplays. Scripts from Scandal and the "story bible" that laid out the characters and structure of Grey's Anatomy are part of her masterclass.com course.

"I love the idea that for $90, somebody who couldn't afford to go to film school would get to take this class," Rhimes said of the project from San Francisco-based company MasterClass. "It felt like an equalizer to me, and that was great."

The so-called second golden age of television with its expanded number of outlets, including streaming platforms, has created new but not unlimited opportunities. Breaking into the competitive field requires creative thinking on and off the page, Rhimes suggested.

"I would suggest getting a job as a production assistant anywhere, because it is a way in and lot of this is about knowing people." Entering (and winning) the many available writing contests is another path, she said.

And there are jobs to be had, she assures the hopeful including at her company, Shondaland.

"We're always looking for people not from here (the industry), because they have new and fresh voices." THE ASSOCIATED PRESS

TV guru Shonda Rhimes is sharing her craft. GETTY IMAGES

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Exercise for pregnant women

HEALTH

'Misguided' notions are contributing to obesity: Study

When Ericka York found out she was expecting her first child, she knew she wanted to stay active but didn't feel safe sticking to her usual routine.

"I didn't feel like I had enough knowledge to keep doing the workouts I was doing," said the Toronto resident, who used to play soccer once a week and take about 10 fitness classes a month.

So she signed up for prenatal yoga and Belly Bootcamp classes, and has discovered that few women in her classes are pregnant for the first time. Some of the second-time moms-to-be have told her they were too scared to enrol during their first pregnancy, but in hindsight wish they hadn't felt that way.

In fact, a trio of doctors affiliated with Spanish and American universities say few pregnant women are getting enough exercise.

In a jointly-written opinion piece published in the Journal of the American Medical Association last month, they wrote that "misguided" notions that pregnant women need to eat more while doing less exercise are contributing to world obesity.

Women who gain and keep excessive weight during pregnancy (Canadian guidelines identify healthy weight gains based on each women's Body Mass Index before pregnancy) can pass it along to their newborn babies.

Those who remain active experience fewer aches and pains and are less likely to need a Caesarean or experience poor bladder control, the doctors write.

The same article suggests not knowing how much and should.

And while Canadian guidelines encourage women to exercise while pregnant, this push comes with a list of precautions: watch your heart rate, don't get competitive, mind your balance and don't lose your breath.

"Most recently we've been making the argument that being sedentary is actually much more risky to your pregnancy than being active," said Gregory Davies, chair of maternal-fetal medicine at Queen's University who helped write those guidelines.

Davies said many decades ago, when everyday life was substantially more physically demanding than it is now, the idea that women should take it easy during pregnancies was probably more sound.

"But fast forward to 2017 when people are living super sedentary lives, that advice is no longer valid. But it's still in our culture that pregnant women need to slow down."

Research on the topic has been slow. Early fears that working out while pregnant could hurt a growing fetus have led to today's limited available data to push evidence-based exercise guidelines forward, Davies said.

Considering the high levels of obesity in the population, he added, many women should probably be more active than they already are to prepare for a healthy pregnancy.

"I'm a firm believer that almost all types of exercise are safe in pregnancy. Just don't overdo it. I don't think the patient needs to be worried about having things being too much more prescriptive than that."

Jennifer Blake, CEO of the Society of Obstetricians and Gynecologists of Canada, said the nationwide message on exercising while pregnant has been consistent for years: it's good for you, do it.

"But you also want to make sure you are not going to be in a situation where people are asking you to do things that may not be safe for you or for your pregnancy," she says.

It's important for both women and their fitness instructors to be well-informed.

In Canada, a checklist is available online to help determine what type of exercise is safe for each expecting mother.

TORSTAR NEWS SERVICE

WAYS TO KEEP FIT

Walking
Getting off the subway a few stops early, taking a more gratuitous wander through the grocery store, or if driving, avoiding those mom and baby spots close to the building and parking far away.

Fitness Classes and Activities
Canadian guidelines say pregnant women should watch out for activities that might hold risk of losing balance or that are competitive (ice hockey, gymnastics, horseback riding, scuba diving, and cycling are singled out as being risky). Swimming, cross-country skiing, water aerobics or riding a stationary bike are considered safer.

Yoga and Pilates
The JAMA opinion article points out that even though yoga and Pilates are often recommended to pregnant women by doctors, clinical trials have yet to demonstrate that either is beneficial for moms-to-be.

When Ericka York (right) found out she was pregnant, she signed up for Belly Bootcamp. Last month a trio of doctors wrote in a medical journal that exercise is important for pregnancy health. Some point to Serena Williams (inset) as a positive example — she was nearly two months pregnant when she won the Australian Open in January. TORSTAR NEWS SERVICE/GETTY

Most recently we've been making the argument that being sedentary is actually much more risky to your pregnancy than being active.

Gregory Davies, chair of maternal-fetal medicine at Queen's University

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MENTAL ILLNESS

New studies ease anti-depressant worry

Genna Buck
Metro Canada

For women suffering from mental illness, deciding whether to stop taking antidepressants to get pregnant can be agonizing.

That choice could soon be a little easier: According to a new study of 35,906 births in Ontario, mothers who take antidepressants during pregnancy are no more likely to have children with autism than others.

The researchers, based at Women's College Hospital in Toronto, initially found more cases of autism among children of mothers taking the medication. But after adjusting for many complicating factors – such differences in mothers' ages and families' access to health care – they found antidepressants don't play a significant role. The study only looked at drugs that act on serotonin, including common ones like sertraline (Zoloft), fluoxetine (Prozac), and duloxetine (Cymbalta).

The authors suggest past research that found a slight association between antidepressants and autism did not properly account for other factors.

The paper also looked at women who took antidepressants during one pregnancy but not another. Children exposed in utero did not have higher rates of autism than their siblings.

A different study, also published this week, had similarly reassuring results, finding no link between antidepressant use during pregnancy and ADHD.

Few studies have been done on the long-term effects of antenatal antidepressants, so many women choose to go off medications before getting pregnant to be on the absolute safe side. But without medication, there's risk of relapsing back into depression at the worst possible time – while dealing with the stresses of pregnancy, postpartum recovery and caring for a newborn.

Lower debt ceiling; get your life back

In a world in which we are surrounded by easy credit, keeping track of spending and committing to paying off money owed is crucial. ISTOCK

ADVICE

Is it any wonder so many people haven't figured out their limit?

Gail Vaz-Oxlade
For Metro Canada

Ask some people what their debt ceiling is (the most amount of consumer debt they'd be willing to take on), and they'll tell you: "As much as I can borrow."

My personal debt ceiling is zip, zero, zilch. But in a world where people have grown up surrounded by plastic, where they've watched their parents use credit to buy everything, and where they've been handed more rope than they could ever have imagined, is it any wonder so many people haven't figured out their debt ceiling?

Off they go charging through life. When a card fills up, they apply for and get another. Eventually they get a credit line or two. And, of course, they have overdraft protection. Some wind up at a pay-advance store.

All the while, they hike higher and higher up Mount Debt until eventually they run out of air.

So, do you have a debt ceiling?

What do you think contributed to you having a debt ceiling?

If you don't have a debt ceiling, why do you think that is?

Do you think that keeping your debt in different piles helps to make you feel less close to your debt ceiling?

What would you be prepared to go into debt for?

What would you NOT be prepared to go into debt for?

Do you feel like you've used too much credit?

If you had it to do over, what would you do differently when it comes to using credit?

If you think you have a problem with debt, the first step is to say it out loud. If you aren't prepared to admit you're in trouble, if you aren't prepared to add up the mess you're in, then you're not ready for help yet.

All the while, they hike higher and higher up Mount Debt until eventually they run out of air.

If you want things to change, start by saying: "I have a problem with my debt."

Start writing down every penny you spend. Whether it's $1.25 for coffee or $600 on a fabulous new pair of shoes, write it down. This is how you become accountable for forfeiting your future in the name of immediate pleasure.

Look over your list at night and ask yourself why you're really buying. Did you get a rush? Did you feel pleasure? How are you feeling now?

Switch from credit to cash. It's way easier to charge something than it is to fork over cold, hard cash, particularly when you're getting to the bottom of the jar.

Commit to paying off your debt.

Allocate a fixed amount to each debt, paying off the most expensive (read: highest interest) debt first while you make smaller payments on the other debts.

Once your first debt is paid off, roll that payment to your next most expensive debt.

Keep going 'til you're out of the hole.

Don't have the money to make a dent in your debt? Get another job, a better job. Make more money!

The time has come to pay up.

So suck it up, find a way to get out of debt and get your life back.

For more money advice, visit Gail's website at gailvazoxlade.com

YOU CAN DO THIS HOTEL GUEST SERVICE MANAGER

A career in hotels?

WHY I LIKE MY JOB

Alexis McCann, 28, Guest service manager at Westin Bayshore, Vancouver

I applied to be a hotel service agent at the Westin Bayshore, with the idea that once I gained experience on the front desk, I would hopefully move into management. After six months, there was an opportunity for a guest service manager, and I've been doing that for a year.

As a guest service manager, we're in charge of guest service agents, the command service operator, the door team, and a lobby team. I'm in charge of all those associates on shift and have to make sure they have the resources required to assist guests. A lot of the administrative side of things is making sure the day is set to run smoothly.

My job is not Monday-to-Friday. But I like the ongoing challenge of dealing with many different things at once. I enjoy the fast pace of the job. I get to deal with so many different experiences and people, there's always something new.

HOW TO START

A secondary school diploma is required for most positions. Colleges hospitality degrees are not a prerequisite for the majority of entry-level opportunities. On-the-job training is common. Most programs also offer placements and apprenticeships.

WHERE YOU CAN GO

There are opportunities for hotel clerks in all major cities, not only in Canada, but around the world. In larger cities, such as Toronto, Vancouver and Montreal, hotels will employ staff year-round, but in smaller resort towns most take a more seasonal approach.

NEXT CAREER STEP

Desk clerks can often move into managerial roles, taking charge of day-to-day operations. Larger hotels also often offer opportunities in different departments, such as food and beverage management or sales.

13%

Projected rate of job growth over next eight years

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Median salary annually

Data for this feature was provided by ontariocolleges.ca, payscale.com and onetonline.org.

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UNIONS

How Canada's labour relations was shaped

Bargaining over work conditions is older than Canada's confederation, says one expert — making the labour movement an integral part of the nation's history.

"That story is more than 150 years old," says Doug Nesbitt, a PhD candidate at Queen's University writing on Canadian labour history and an editor at Canadian labour news site rankandfile.ca who has been involved with unions as a co-chief steward, president and organizer. "But modern labour history in Canada starts in 1872 when unions are legalized through the Trade Unions Act."

Since then, Nesbitt says, every part of the country has played a role in shaping Canada's labour relations. In Ottawa, he says, while the earliest example of organized protest actually occurred in the 1820s during the building of the Rideau Canal when workers protested unsafe working conditions and long workdays, the city's most prominent contribution comes much later.

PUBLIC SERVICE ALLIANCE OF CANADA (PSAC)

"Because Ottawa isn't a major industrial city like Hamilton or Windsor, its union history focuses more on the unionization of the public sector in 1967 when the city began to have federal government strikes," he says. "For example, Public Service Alliance of Canada's (PSAC) 1991 general strike was the largest single union strike in Canadian history and brought job security improvements.

"I talked to people who were involved about downtown Ottawa being a ground zero for union strikes. One block would have 100 federal government workers protesting, another block would have 500 and they would get together and march."

The role Ottawa will play in today's labour movement still lies in the hands of federal government workers, he says. With questions about the extent to which the Liberals will reverse former prime minister Stephen Harper's union policies, Nesbitt says there are many possibilities of influence to advance the direction of federal services.

"They have the power because they are concentrated in Ottawa," he says. "The potential of federal government workers to put pressure on the government is massive."

The Hospitality & Service Trades Union, Local 261 has represented the workers in the Hospitality Industry in Ottawa, Kingston and the Outaouais since 1956.

We are affiliated with UNITEHERE International Union and are part of the Ottawa & District Labour Council.

We take pride in our ability to provide employees in the hospitality industry with protections in their employment such as seniority, hours of work, vacation, benefits, wages and more.

Local 261 holds a sincere passion for protecting the rights of employees in the hospitality industry; tenacity and dogmatic belief in union has always been the foundation which has led to the growth and success of Local 261 over the past 60 years.

HSTU, Local 261 has negotiated high standards in hotels and food and beverage establishments which have been recognised and implemented across Ontario.

Some of our achievements over the years:

- Guaranteed Reporting Pay – once a member reports to work and is sent home due to a shortage of work, the member will be paid up to 8 hours
- Maximization of hours – up to 8 hours in a day
- Overtime – after 8 hours in a day / 40 hours in a 5 day period
- Minimum wage language – wages must always be above the current minimum wage rate
- Statutory Holidays – above the Ministry standard
- One (1) day's pay should the burial of a loved one not take place within the normal timeframe
- Notice period to reduce a member's hours of work, should notice not be given then the member shall be paid regardless of whether they worked or not
- Sick leave
- Annual payout of any unused sick leave
- Company RRSP contributions

For further information we can be reached through our office:
2-200 Cooper Street, 613-238-8136, via Facebook at HSTU Local 261
or via email at **hstu261@gmail.com**

Market challenges means going back to the basics for unions

While unions today are as important to Canadian society as when they first emerged, they must go back to basics to not only face the challenges of a quickly evolving job market but also to continue to remain relevant, says one expert.

"Unions in the 1930s had to figure out how to fight for fairness on the job and bring up the standards of low wage workers and the most exploited, and we have to go back to that era and learn from our elders," says Joel Harden, who previously worked at the Canadian Labour Congress (CLC) and is now a researcher for the Canadian Federation of Students. "That means we got to be real to people and the leadership has to be grassroots."

Larry Rousseau is the Public Service Alliance of Canada (PSAC) regional executive VP for the National Capital region and has worked for 12 years at the union executive level. He says because member support is one of the most important factors to unions' success that is where the grassroots effort must start.

"We need to absolutely speak to our members and make sure they are supporting what belongs to them: their unions," he says. "We also need the support of our non-unionized brothers and sisters and to ensure the public understands the real struggle is against the corporate interest of profit-making overriding the rights of workers. 1984 was fictional but it is becoming more of a reality."

PUBLIC SERVICE ALLIANCE OF CANADA (PSAC)

With workers in the public sector up against austerity, employers asking employees to do more with less and machines replacing people, and private sector workers facing an increasingly gritty job market, Harden says, unions must look inwards to be effective in tackling these issues.

"Our job is to comfort the afflicted but we also have to afflict the comfortable," he says. "And sometimes we are the comfortable, so where we see lethargy and bureaucracy, we gotta address it head on and be honest about it. We have to grow the labour movement by changing perception and taking down any barriers to participation."

State of the art training and education facility will be home to the Carpenters' Union – Local 93 and Acoustic Drywall & Interior Systems – Local 2041 in 2017. Providing access to the most current and specialized skills and safety training supports the objective of remaining at the forefront of the labour movement.

The Carpenters' Union champions and advocates continued learning and development for the trades. As a result, Union members profit from higher wages, benefits and safer working conditions positively impacting the attitude of workers and increasing productivity.

The new training facility is located at 8560 Campeau Drive, Kanata.
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LOCAL 93

Acoustic & Drywall & Interior Systems
United Brotherhood of Carpenters & Joiners of America
Local 2041

metro SPORTS

OKC guard Russell Westbrook had a triple-double by halftime, but the Thunder still lost 113-109 to the Houston Rockets and trail 3-1 in the series

Big Mac devours Bruins

2017 NHL PLAYOFFS
OTTAWA WINS SERIES 4-2

Sens' comeback star kills off East quarter-final with OT goal

It wasn't long ago that Clarke MacArthur was contemplating retirement. His decision to stick around for a playoff push paid off in a big way.

MacArthur, who missed all but the last four regular-season games after suffering a concussion in training camp, scored the winner on a power play 6:30 into overtime Sunday as the Ottawa Senators beat the Boston Bruins 3-2 to win their Eastern Conference quarter-final series in six games.

The 32-year-old MacArthur sat out 156 regular-season games in total over the two seasons because of multiple concussions and had moved to Florida to prepare for retirement.

"There's nothing like living in the NHL and living in these playoffs," MacArthur said. "(Retirement is) something everyone's going to have to deal with one day, but I want to stretch it out as long as I can obviously."

After a 3-2 double-overtime loss to the Bruins in Game 5 on Friday, the Senators weren't facing a must-win game — but MacArthur made sure the series ended in six anyway.

MacArthur's goal, his second of the post-season, followed a holding penalty to Boston right-winger David Pastrnak. MacArthur scored on the rebound of Bobby Ryan's shot 36 seconds into the power play.

Ryan and Kyle Turris also scored for the Senators and Craig Anderson made 28 saves.

It was the fourth overtime game of the series. Every game was decided by one goal.

Ottawa will face the New York Rangers in the conference semifinals. New York beat Montreal 3-1 on Saturday to win its quarter-final series in six games. The Senators won two of three regular-season meetings against the Rangers this year.

"We're going to use this (off) time well and we're going to prepare to play New York here in the second round, and we've got to keep pushing forward," said defenceman Erik Karlsson, who admitted after the game that he played the entire series with two hairline fractures in his left heel.

"I feel like we have a strong group, we have a deep group."

Drew Stafford and Patrice Bergeron scored for Boston. Tuukka Rask had 26 stops.

Rask said he was proud of the resolve the Bruins displayed after longtime coach Claude Julien was fired on Feb. 7 and replaced by interim Bruce Cassidy. Boston went 18-8-1 under Cassidy to close the regular season and snap a two-year playoff drought.

"We battled hard," Rask said. "Ever since after the coaching change, we really came together as a group. We got in the playoffs and then played a heck of a series.... It was a hard-fought series and just didn't go our way."

Asked if he wants to return as Bruins' coach, Cassidy said: "Absolutely, 100 per cent."

Boston was without centre David Krejci, who left Friday's Game 5 after taking a knee-to-knee hit from Senators defenceman Chris Wideman late in the first period. Krejci also missed Games 1 and 2 with an upper-body injury. THE CANADIAN PRESS

Senators left-winger Clarke MacArthur and Bruins centre Patrice Bergeron race for the puck on Sunday. MacArthur later scored the series-clinching goal in overtime. MADDIE MEYER/GETTY IMAGES

GAME 6 In Boston

3	2

4

Four of the six games in the series couldn't be decided in regulation, with Friday night's game needing double overtime.

NBA PLAYOFFS

LeBron and Cavs sweep Pacers

LeBron James stuck to the old script Sunday.

Again, he bailed out the Cleveland Cavaliers. And again, he sent the Indiana Pacers home for vacation.

On yet another milestone day for basketball's king, James' crowning achievement was making the go-ahead three-pointer with 1:08 to play and helping the defending champions hold on for a series-clinching 106-102 victory at Indiana.

GAME 4 In Indianapolis

106	102
CAVALIERS	PACERS

The four-time MVP finished with 33 points, 10 rebounds, four assists, four steals and two blocks.

By winning his 21st consecutive first-round game, James broke a tie with Michael Cooper, Magic Johnson and James Worthy for the longest streak under the NBA's current playoff format. By sweeping a series for the 10th time, James broke a tie with Tim Duncan for the most in a career, according to Elias Sports Bureau. By going 13 of 25 from the field, he pulled into a tie with Kobe Bryant for the fourth highest post-season field goal total with 2,014.

THE ASSOCIATED PRESS

LA LIGA

Messi comes up clutch in El Clasico

Lionel Messi scored his 500th career goal for Barcelona to give the Catalan club a dramatic 3-2 win over 10-man Real Madrid in the last minute of the "Clasico" on Sunday, leaving the Spanish league title race wide open.

Messi netted his milestone goal — his second of the night — with a low left-footed shot from inside the area after a cross by Jordi Alba two minutes into stoppage time.

The two rivals are level at the top, each with 75 points. Barcelona leads on the head-to-head tiebreaker but Madrid has six games left — one more than Barcelona. THE ASSOCIATED PRESS

Lionel Messi GETTY IMAGES

IN BRIEF

Sanchez lifts Arsenal into all-London FA Cup final

Alexis Sanchez ensured Arsenal's stormy season will end with an FA Cup final after securing a 2-1 victory over Manchester City in extra time at Wembley Stadium in London on Sunday.

The Chilean struck in the 101st minute to secure an all-London May 27 final against Chelsea. Arsenal is chasing a third title in four seasons in the competition while marred in a 13-year Premier League trophy drought.

THE ASSOCIATED PRESS

Kings find new head coach from within staff

The Los Angeles Kings have promoted associate head coach John Stevens to become their next head coach. Kings spokesman Mike Altieri said the team will introduce Stevens at a news conference Monday.

Stevens replaces Darryl Sutter after serving as an assistant to two Kings head coaches over the past eight seasons, which included the franchise's only two Stanley Cup championship runs.

THE ASSOCIATED PRESS

MLB

Stroman goes the distance in Jays' win

Marcus Stroman pitched a seven-hitter and Devon Travis hit a go-ahead, two-run homer during a four-run eighth inning in the Toronto Blue Jays' 6-2 victory over the Los Angeles Angels on Sunday.

Stroman (2-2) survived a rocky ninth by inducing a game-ending double play in his third career complete game — and his second in 12 days. The right-hander retired 14 straight Angels at one point during a gritty start in his first appearance back in Southern California since pitching the U.S. to victory in the World Baseball Classic final at Dodger Stadium last month.

Marcus Stroman GETTY IMAGES

Kevin Pillar added a solo shot moments after Travis' slump-busting homer for the Blue Jays (6-12).

THE ASSOCIATED PRESS

MAKE IT TODAY

Fresh Blueberry and Kale Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This smoothie was on our rotation in the fall and I recently resurrected it. I swear you can't taste the kale. No, seriously.

Ready in 3 minutes
Prep time 3 minutes
Serves 2

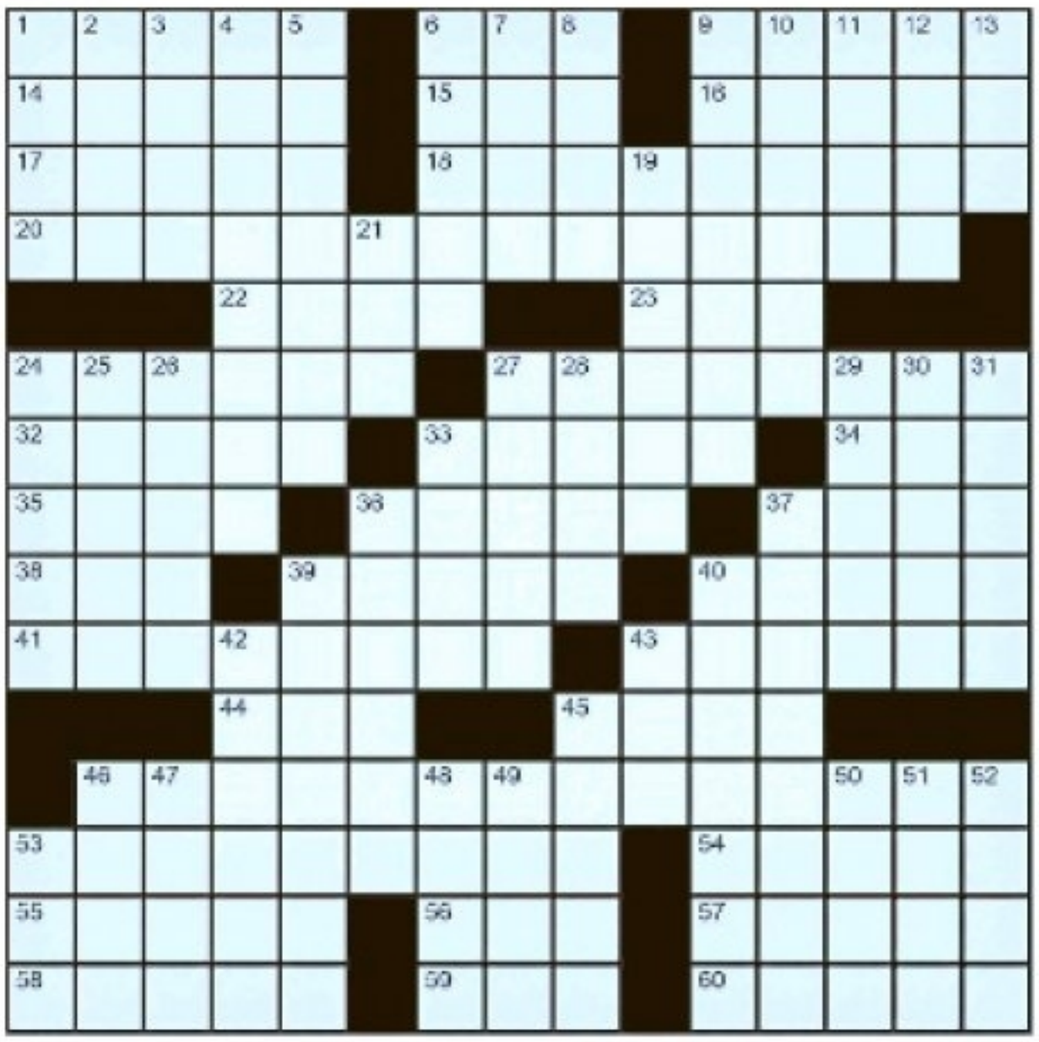
Ingredients
- 1 cup almond milk
- 1 tsp honey
- 1 cup organic frozen blueberries
- 1 cup frozen chopped kale
- 1 banana, peeled
- 1 Tbsp Greek-style yogurt

Directions
1. Place the almond milk, honey, blueberries, kale, banana and yogurt in a blender and whiz until smooth

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Leaky ink shapes
6. Acquire
9. Romantic fabric
14. Make the embankment stronger
15. "Go!!!"
16. Cohesiveness
17. Dodge
18. (514) and (403): 2 wds.
20. University in Waterloo named after a Prime Minister: 2 wds.
22. Aggravate
23. Michael, to Kirk
24. Repel/dismay
27. Donna Summer hit: 2 wds.
32. Find fault
33. Contradict
34. Irish coronation stone, _ Fail
35. Paleontologist's find at the dig
36. _' to go (Eager)
37. Soaks
38. Strange
39. Perfected
40. Touch of colour
41. Empresses in Russia, once
43. Farmlands
44. Holidayer's 'home'
45. Pay attention to
46. Canadians who co-discovered insulin in 1921: 3 wds.
53. Wearable souvenirs from Disney: 2 wds.
54. Thom of Radiohead
55. Tweak
56. _ flute
57. Food fan
58. Lips glistener
59. Vessel's stern
60. Ms. Barrymore's

DOWN
1. Cauldron's content
2. Actor, Zachary _
3. White House's _ Office
4. A headboard is part of one
5. Super sanitary brand
6. Mark
7. Tea type, _ Grey
8. "Take _ '_' Train" by Duke Ellington and His Famous Orchestra
9. Packaged food sweetener
10. Embrocate
11. Detergent
12. Roman road
13. Albany is its cap.
19. Steve _ aka 'The Six Million Dollar Man'
21. _-defined
24. Monastery boss
25. Trudges
26. Bamboo eater
27. "_ hoping!" (Dreamer's exclamation)
28. Reeking
29. 'Fraud' finisher
30. Abercrombie & _
31. Protests in the prison, perhaps
33. "Hulk" (2003) star Eric
36. '60s songstress Ms. Spector
37. Swine sort: 2 wds.
39. Clue givers
40. Like psychedelic-style T-shirts
42. Washes
43. British band, _ Years After
45. Blue Rodeo's "_ Hit Me Yet"
46. Beetle variety, _ weevil
47. Prefix to 'biography'
48. Wine valley of California
49. Tennis great Steffi
50. Art Deco designer
51. Distort
52. Ms. Hatcher's, for short
53. National Geographic, e.g.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your primary concern is about practical matters, especially related to politics, religion and racial issues. It's also a good day to make future travel plans.

Taurus April 21 - May 21
Research of any kind will go well today, because you are focused and will pay attention to detail. You won't overlook a thing!

Gemini May 22 - June 21
A discussion with someone older or more experienced will be beneficial for you today. This person might even be a friend.

Cancer June 22 - July 23
This is the day to ask for something from a parent or a boss, because he or she will respect what you say. You sound like you know what you're talking about, and you've done your homework.

Leo July 24 - Aug. 23
Any kind of study will go well today because you have the patience necessary for focusing on learning.

Virgo Aug. 24 - Sept. 23
This is an excellent day for important discussions pertaining to inheritances, wills, taxes and shared property, because nothing will be overlooked. Everyone will pay attention to the smallest detail.

Libra Sept. 24 - Oct. 23
Discussions with partners and close friends will be serious today. People are not in a frivolous mood. However, their efforts will yield productive results.

Scorpio Oct. 24 - Nov. 22
At work today, you will be hands-on and willing to do routine work, because you know it has to get done. Discussions with someone older will be helpful to you.

Sagittarius Nov. 23 - Dec. 21
This is a good day for teaching young people something, because people are in a serious frame of mind. They're also willing to practice sports or the arts.

Capricorn Dec. 22 - Jan. 20
It will be easy to tackle home repairs today, because people are eager to do this. This is the kind of day where you want practical results for your efforts.

Aquarius Jan. 21 - Feb. 19
Because you're in a sensible frame of mind, you can accomplish a lot today. Discussions with neighbors, relatives and siblings will likewise be serious

Pisces Feb. 20 - March 20
If out shopping today, you will only be interested in buying long-lasting, practical items. No feather boas for you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				8		3		
	1		3	5				
		8		7				9
	8							
9	4	1				8	6	2
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3				4		7		
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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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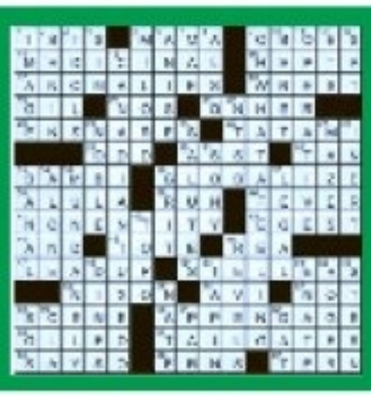

7	2	8	4	5	9	6	1	3
6	4	9	1	7	3	2	5	8
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4	9	7	6	3	1	5	8	2
8	1	6	5	9	2	3	7	4
5	8	2	9	1	7	4	3	6
9	6	1	3	4	5	8	2	7
3	7	4	8	2	6	1	9	5

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DRANK THAT.

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